



The Wilderness Ambassador Youth program will provide all group gear (such as tents, cookware, stoves, water filters, food etc.) as well as backpacks, sleeping bags, and sleeping pads. If you have your own backpacking gear that you would like to bring you are welcome to do so.

Gear you need to bring:

Clothing (No Cotton)

Active wear

Wear these clothes the day you come to start our adventure

- ☒ Synthetic t-shirt (provided at orientation)
- ☐ Synthetic pants (hiking pants or athletic pants)
- ☐ Athletic underwear (spandex)
- ☐ Hiking shoes or boots

Supportive hiking boots are best, only if already broken in. New boots should be worn for at least week and a few miles hiked in before the trip.

- ☐ Hiking socks (no cotton)
- ☐ Sunglasses
- ☐ Wide-brim hat or baseball cap

This is what you put in your backpack:

Camp wear

- ☒ Dry bag (on loan from us at orientation)
- ☐ 1 Synthetic t-shirt
- ☐ 1 Synthetic long sleeve shirt
- ☐ 1 Synthetic pants (hiking pants or athletic pants)
- ☐ 1 Fleece jacket or wool sweater
- ☐ 2 pair of athletic underwear
- ☐ 2 pair of synthetic hiking socks
- ☐ 1 Camp shoes
(running shoes, water shoes, or sandals no flipper flops)
- ☐ 1 Beanie hat (winter hat)
- ☐ 1 Swimsuit
- ☐ 1 Small towel, or use your active t-shirt to dry off with

Note: Avoid packing extra clothes. If you have questions contact us and we can discuss our recommendations.

Rain Gear

- ☐ 1 rain jacket with hood or a durable poncho
- ☐ 1 rain pants (optional)

Why No Cotton?

Cotton is poor at insulating and pulls heat away from your body when wet. Cotton Jeans and sweatshirts will stay wet for days. Wool is the best insulating fabric and will keep you warm even when wet. Synthetic fibers dry rapidly.



Fresh out of the Wilderness Clothes

These will be stored at the visitor center for you when we get back. For these items cotton is okay.

- ☐ Small bag with your name on it
- ☐ T-shirt
- ☐ Pants/Shorts
- ☐ Underwear
- ☐ Socks
- ☐ Soap, deodorant, shampoo
- ☐ Towel



Personal Gear List

Gear you put in your backpack continued:

Personal Dining Gear

- ☐ 64oz water bottle or 1-3ltr camel back
- ☐ Insulated cup
- ☐ Bowl (Tupperware works well)
- ☐ Spoon

Toiletries

- ☐ Any prescribed or over-the-counter medication
(In a ziplock bag, labeled with your name)
- ☐ Chapstick
- ☐ Toothbrush and toothpaste (travel size)
- ☐ Comb and hair ties
- ☐ Sunscreen (travel size)
- ☐ Insect repellent (travel size)
- ☐ Toilet paper (half roll in a ziplock bag should be plenty)
- ☐ (For women) Feminine hygiene products if needed
- ☐ Hand sanitizer (travel size)



Miscellaneous Gear

- ✓ Compass (on loan from us at orientation)
- ✓ Headlamp (on loan from us at orientation)
- ✓ Journal (freebee from us at orientation)
- ☐ Camera (optional)
- ☐ Book, small and lightweight (optional)
- ☐ Deck of cards (optional)
- ☐ Hacky sack, Frisbee or other small camp toy (optional)
- ☐ Small musical instrument
(optional & think about rain potential)
- ☐ Small pillow or pillow case

Some people stuff extra cloths in a pillow case or t-shirt

Things to NOT bring

- × Cellphone— if you need one to communicate with your parents for transportation purpose, you can bring it to the park and it will be kept secure in the Visitor Center
- × MP3 players, CD players, Walkman, or Boom box
- × Make-up or perfume
- × Extra food or beverages
- × Drugs and Alcohol

Remember

You will be carrying whatever you bring, plus supplied food and group gear, so consider the weight of items and embrace the idea of travel size.



Tick Advisory

There are ticks here so make sure your repellent works on ticks. They suck, literally.



Still have questions on what to bring or having a hard time finding some of the items on the list?

Let us know, we are here to help. Scholarship opportunities might be available.

Just shoot us an email at wildslbe@gmail.com

Personal Gear List

Example of Active Wear

Where this to start our adventure.



Example of Fresh-Out-of-the-Wilderness clothes

There will be a chance to shower and change before family arrives on the last day.



Example of Gear to Pack

Your pack will also have a sleeping bag, sleeping pad, parts of a shared tent, some group cook gear, group food, ect. Avoid packing extra stuff.

